

# CASA of Cochise County News & Views

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Abby Dodge & Family

I hope everyone is having a great summer so far! I know I'm looking forward to cooler weather already... Hopefully you and your CASA kids are finding ways to keep cool this month.

In June we saw some changes/updates to CASAaz. If you have any questions or concerns about the update that came out mid-month, please let us know so we can forward your comments up to the State Office. Slowly but surely the system is coming around. 😊

This month I wanted to talk a little bit about the youth that are on probation in our county. Pursuant to Rules of Procedure for Juvenile Court, Rule 3, "The court may appoint a volunteer special advocate in dependency, guardianship, termination, delinquency and incorrigibility actions, to assist and advocate for the child, to assure that all appropriate services are made available to the child and otherwise to protect the best interests of the child in the action."

The Deputy Chief of Cochise County Probation, Denise Barlow, approached me earlier this week to discuss the possibility of getting

## Coordinator's Comments

CASAs more involved with some of the youth who are currently on probation. She had been speaking with Judge Bannon, the Presiding Juvenile Court Judge, and the suggestion of requesting CASAs on more of these cases came up. I am currently working with probation to set up a training session that provides an overview of how the probation department works, what probation looks like for our youth, what would be expected from a CASA working with a probation youth, and how a CASA can help. I just wanted to make sure everyone is aware that this training will be scheduled; I hope many of you will attend, even if you had never considered working with a youth on probation.

Many of the youth who are currently on probation come from home situations that are less than supportive. Some of these cases are dangerously close to entering the child welfare system as well, which is something that we would like to avoid. The more people who are willing to invest time in these youth, the more likely we'll be able to keep these youth out of the adult system and hopefully help them learn the skills to break the cycle that they're currently in.

This doesn't mean that our focus is changing from serving the children who have been removed from their homes due to allegations of abuse or neglect. In fact, Arizona Code of Judicial Administration § 7-101: Court Appointed Special Advocate Program states, "The county program shall make effective matches of volunteers to cases and shall give priority to appointment of volunteers in dependency matters over delinquency or incorrigibility matters." I'm hoping that a few of you might be willing and have the time to work with a probation youth while still having a regular CASA case at the same time. Probation matters are currently heard by Judge Bannon in Sierra Vista.

I know it's a lot, so all I'm asking is that you think about it. Please feel free to ask any questions that you might have, and I'll try to get you the answers.

I hope everyone has a great rest of the summer!



# Why I Volunteer with the Police Department

by Ned Letto, Cochise County CASA Volunteer

A couple of months ago I started volunteering with the Sierra Vista Police Department. LuRue Troyer, our CASA Newsletter Publisher and Police Department Volunteer, wondered what connection there is between volunteering with CASA and volunteering with the Police Department.

Actually, I volunteer with three organizations. I have been with CASA for over twelve years now, I have been volunteering with the Alternative Dispute Resolution Program (ADR) for over three years, and I have been volunteering with the Sierra Vista Police Department (SVPD) as a Patrol Volunteer since February of this year.

There is no need to describe what I do for CASA to this audience. I have enjoyed working with children and striving to give them the best outcome possible.

With the ADR program, I arbitrate cases valued up to \$10,000. After hearing the case, I make a judgment and if the plaintiff or defendant do not appeal, the Justice of the Peace makes my judgment official. In some cases, we are able to get the plaintiff and the defendant to work it out themselves and I act as the mediator to document their agreement. I also facilitate Preliminary Protective Conferences; this is one of the early proceedings for Dependency cases.

With the SPVD as a Patrol Volunteer, we have several, non-law enforcement duties. A typical day is likely to include courier work, moving documents between the Department, the courts, and the

county attorneys. We also do house checks. People arrange for the police to check their homes while they are away. Typically, all house checks are done by volunteers.

We may also be asked to move vehicles between the Department and the Maintenance yard. We are also called upon to help at traffic accidents or other events to do traffic control. Some Patrol Volunteers, including myself, staff the public fingerprinting that is offered each day from 11:30 to 12:30.

There are several other duties that we are called upon to do less frequently, things like snake removal or looking into a barking dog complaint. At times, we may also place warnings on vehicles illegally parked in handicap spaces. There is always that catch-all phrase in a job description - "and other duties as assigned". Patrol Volunteers wear a uniform, drive police cars clearly marked as Volunteers, and use the police radio.

The Department attempts to have two-person Patrol Volunteer teams working each day, usually in the morning. This isn't always possible and sometimes we ride alone. There is nothing we do that would preclude a woman from being a Patrol Volunteer and the current group of volunteers does include a woman.

The Police Department has many other volunteer designations. There are Police Volunteers that work at the animal shelter. There are

~Continued on next page~

## Why I Volunteer with the Police Department (Continued)

volunteers that help with filing, and actually, our LuRue Troyer volunteers with Records. LuRue was named Alternate Volunteer of the Year for 2018. There is a volunteer that helps in the evidence room. There is one volunteer that specializes in helping to monitor registered sex offenders. There are many varied opportunities to volunteer with the Police Department.

I first became aware of the volunteer opportunities with the Police Department when I participated in the Citizen's Police Academy last August. This is a twelve-week course that familiarizes people with the history of the area and with police activities. This Academy is an annual event and is now open for enrollment. Needless to say, I feel I got a lot out of the Academy, in addition to a new career.

So what do all my volunteer activities have in common? First, they all involve service to the community. Second, they all involve the justice system in one way or the other.

I've always had a tendency to gravitate toward the justice system. In eighth grade I was Captain of the Safety Patrol, directing traffic at street crossings. My first two years in High School was in a school of five thousand boys. While most of other boys had extracurricular activities like track, basketball, or football, my extracurricular activity was the student security force called the 'Hall Guards'. As a Sophomore, I was a lieutenant in the Hall Guards. I was in charge of fourteen student guards responsible for the security of the first floor of the school during the first period after school. My area of concern

included the after-school Detention Hall. If the boys in detention got unruly, the Hall Guards were called in to restore order.

I don't think I am unusual in volunteering in more than one organization. I have met several people that have given of their time very generously in more than one organization. For me, it's important to continue to contribute to the community, even at 79 years old.



## Small Visit

by Mary C Blanchard, Cochise County CASA Volunteer

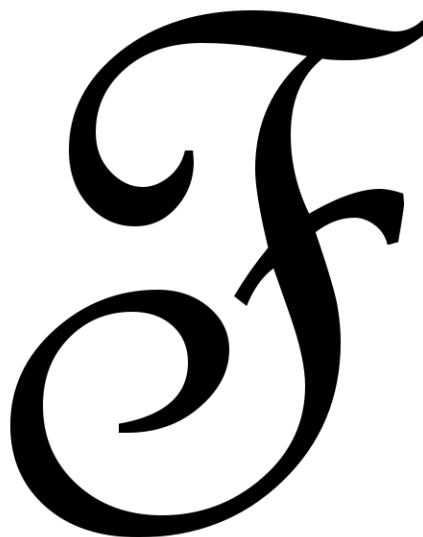
My most recent visit with one of my young ladies was a short one. We had an hour to spend at McDonald's. She loves word searches, so I found a book at Costco with dogs doing imaginary activities, and she had to read the word and find the activity. To help us concentrate, I had iced coffee and she had an iced coffee frappe. Her father loved coffee, so she has been trying for the last two visits to drink coffee. Even with 4 sugars and 2 creams, she simply could not drink it. She thoroughly enjoyed the frappe, but when she found out the number of calories, she only drank half of it because she is now a teenager and is watching her figure.

She was very successful at the dog activity and found all but two words. She worked and worked, and finally we worked together. I didn't help her, but I was a cheerleading buddy, so she really, really concentrated and found the last two. I was about to pull out my deck of cards to kill time when she began practicing cursive on the back of the dog search. I drew her a line (the ruler was 3 napkins), and she wrote a whole sentence complete with punctuation and capitalization.

She happened to write a capital "F." It faced in the opposite direction from the "F"s I had written all my life. I did take cursive lessons...she never had a single one, so I was pretty certain that I was correct. We got out my phone, and she googled the cursive alphabet. Sure enough, she was right. I was stunned! I do know that I am dyslexic, and that I read groups of words and don't notice a single word or letter, but I was confident that I know how to write cursive letters. My girl has struggled to learn to read, so I told her because I am dyslexic, I never noticed or learned how to write a capital "F". She and I talked

about overcoming challenges in reading, and I told her how proud I am that she can now read. We chatted a bit about challenges, and I suddenly realized an hour had passed and we had to leave.

We both agreed it was a fun visit. What made it fun is our connection to each other, which makes it possible for us to relax and chat and have a good time without bells and whistles. We love our adventures, but we treasure our ability to relax,



# The Heart

by Mary C Blanchard, Cochise County CASA Volunteer

I visited my girl the day after she found out that her family wasn't going to adopt her. She needed a distraction, so I took her to see The Last Avengers. On the way to the movie, I let her play her music. There was nothing I could say that would make it better, so I let her rock and sing the lyrics to popular songs. When we were eating lunch before the movie, I took out the heart we had made together. Months before, she had shown me how to make a pattern using about a million plastic pegs. I made a heart, and when I finished my heart and she finished her design, her foster mother baked them in the oven.

My heart was terrific. I have never been a person to do crafts, so I was thrilled to have a heart that would last forever. I told my girl I would keep it in my purse.

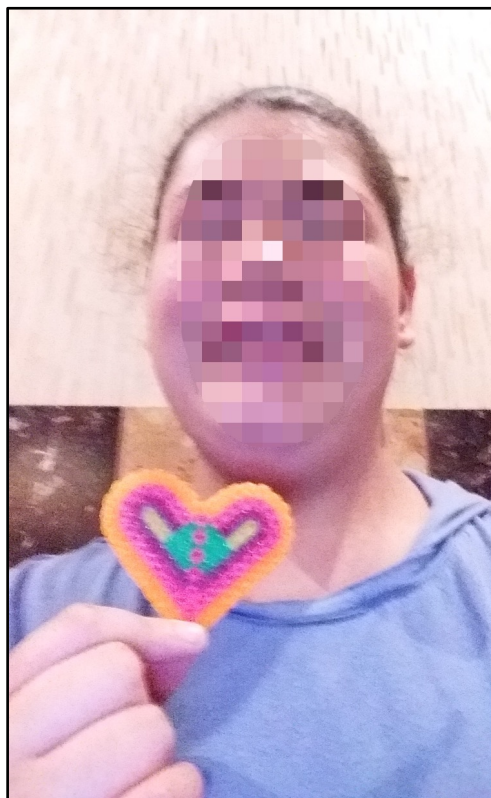
I thought of it while we were eating lunch. I took it out and showed it to her. Something inspired me at that point, so I told her that the heart was a symbol connecting her and her CASAs (Deb Peterson is her coCASA) forever. I told her I was giving her the heart, and she was to keep it until she was feeling better, and then she could pass it on to one of us to keep for a while.

Deb Peterson's mother became very ill. The girl thought about giving the heart to Deb, but she didn't. She explained that she had

only had the heart a short while, and she still needed it. Deb's mother recovered, and my girl still has the heart. It is one of her prized possessions.

We saw the movie and a million hours later staggered out, exhausted. We were moving slowly, so when we passed the ponds, my girl threw a coin in each one for good luck. It was a tough day for her, but she didn't have to go through it by herself. I was there for her, and she

called Deb during lunch and after the movie. We call if Deb can't make it, and my girl shares all the details. They talked all the way home, and she didn't even have a minute to listen to her songs on the radio. She was engaged in a real conversation with a real person, and that meant everything to her.





# Welcome

**to a New CASA Volunteer!**



Arlene Morales

## Post Reunification Supports

*Source: Taken from CASA Advocates in Action, a publication by National CASA Association made possible by support from Kappa Alpha Theta.*

### WHY IT MATTERS

Reunification is the most common goal for children and youth in foster care and it is also its most common outcome. (1) Rates of re-entry for children and families who do not receive sufficient post-reunification services are higher than for those families that receive in-home child welfare services during or after foster care. (2) Best practice literature on the topic indicates that effective post-permanency or after-care services should be provided for at least 12 months following reunification, and children and families should be matched with appropriate in-home and community supports prior to reunification. (3) Without appropriate post-reunification services, the risk of re-entry is significant.

Casey Family Programs' *Supporting Lifelong Families* (4) report notes that post-permanency programs should at minimum, include these components:

- **Basic family resources** including housing, employment, and income support.
- **Safety-focused practices**, which must become a major component of every service program to ensure that children are not put at further risk of maltreatment.
- **Trauma-informed approaches**, which involves understanding, recognizing, and responding to the effects of all types of trauma.
- **Evidence-based clinical child supports** including programs that address 1) the trauma that led to the child's entry into foster care; 2) the trauma associated with removal

itself; and, 3) the stresses associated with transition either back to the home from which they were removed, or to a new home, separated from their biological families.

- **Caregiver supports and services** including counseling or other clinical services, skills training, child care health care services, advocacy training, educational services, parenting skills training and substance abuse treatment.
- **Support networks** including support groups, child care referrals, and respite care.
- **Navigation services** including a point-person for families to connect to resources, supports and services.

### ADVOCATES IN ACTION

#### ACTIONS

- **Engage the family early** in planning for reunification. Partner with the family's social worker to ensure that everyone who can be a support to the family (e.g., relatives, current caregivers, and friends) are included in the planning. If the children are older (e.g., 11+) they should have involvement on the team and in the development of the permanency plan.
- **Advocate for more intensive and frequent visitation between parents and children.** Researchers, not sure whether more intensive and frequent visits are the reason for reducing re-entry or whether it is the parents' motivation for increased and intensive visits, but one of these factors is creating the outcome of fewer odds of the child re-entering foster care. (5)
- **Assess with the caseworker** the family's readiness to reunify to identify gaps and develop a plan for how to address the gaps.

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## Post Unification Supports (Continued)

- **Ensure that the family has concrete services** either in place or lined up prior to reunification. Services like respite care, transportation, housing, child care, food planning, budgeting/shopping, etc. will help the parent feel better prepared and ready to resume to role of parent.
- **Identify whether the family needs more intensive services** to be successful. Programs like functional family therapy, parent-child interaction therapy, and trauma-focused cognitive behavioral therapy may not be needed for all families but may be very helpful for some families who will struggle to reconnect with their children. Help them identify one point-person that they can connect to for resources, supports and services.
- **Engage fathers.** When fathers are engaged, families are found to be more likely to reunify and less likely to re-enter into the child welfare system. Ten years ago, there weren't many services to dads, and now there are many more. Continuing to engage fathers is a promising practice change.
- **Ensure that there are solid and healthy relationships in place** before ceasing your interactions with the family. Identify with the family and caseworker who these people are and what qualifies as a solid and healthy relationship.
- **Understand what the expectations are for your involvement post-reunification.** Ask your supervisor whether there are policies around how long you should stay involved with the family and what limitations you may face in terms of continued contact. As a team member, you also need to know what the expectations are of others on the team in terms of your continued relationship with the child and their family.
- **Ensure you are keeping in contact with the family** especially in the initial months. Contact can be simple emails or weekly calls or text messages to let the family know you are thinking of them.

- **Plan your exit strategy** and transition your support to supports available in the family's circle of important relationships as well as community supports.

### BRIGHT SPOT

#### CATAWBA COUNTY CHILD WELLBEING PROJECT CATAWBA COUNTY, NORTH CAROLINA

With support and partnership from the Duke Endowment, in 2006 Catawba County Social Services began planning how to improve the long-term well-being of children who were and had exited foster care to reunification. With support from the University of North Carolina's Frank Porter Graham Child Development Institute, and after extensive discussions, literature reviews, and focus groups with staff, birth, adoptive parents and guardians, six areas of need were identified for families' post-care:

- Ongoing emotional support and case management for families;
- Mental health services for children to address children's attachment and externalizing behaviors;
- Educational services, supports, and advocacy to improve children's educational achievement;
- Material supports to provide financial assistance and child care;
- Parent education; and,
- Emotional supports.

The program utilized a "Success Coach" model wherein the Success Coach served as the foundation or hub for all post-care services. Additionally, an Educational Advocate helps track educational

## Post Unification Supports (Continued)

achievement and school moves for all children while they are in foster care and while they are served by the Success Coach after they leave care. Families served by Success Coaches are also eligible to receive material supports and if they meet service criteria, may be referred to Parent-Child Interaction Therapy, Strengthening Families, and Adoption Support Groups. To ensure that the program is effectively meeting the needs of children and families post care, "Program Review Protocols" were developed to assure that data are used in decision-making and assessment and assessment, and that staff engages in problem solving that reduces or eliminates barriers to implementation.

Initial results show that there has been reduced rates of re-entry into foster care following the implementation of the project.

To learn more: <https://www.cssp.org/policy/body/Catawba-County.pdf>

### References

1 Lee, S., Joson-Reid, M., & Drake, B. (2012). Foster care re-entry: Exploring the role of foster care characteristics, in-home child welfare services and cross-sector service. *Children and Youth Services Review*, 34 (9), 1825-1833.

2 Ibid.

3 See <https://www.childwelfare.gov/fostercaremonth2016/resources/webinar/postreunificationwebinar/>

4 See <https://www.casey.org/media/supporting-lifelong-families-full.pdf>

5 Mallon, G. (2011). Visiting the heart of reunification. Presentation retrieved from the National Resource Center for Permanency and Family Connections website: [http://www.hunter.cuny.edu/socwork/nrcfcpp/info\\_services/family-child-visiting.html](http://www.hunter.cuny.edu/socwork/nrcfcpp/info_services/family-child-visiting.html)

### ***CORRECTION!!***

**In the June issue, the article "When Our Children are Behaving in Not-so-adorable Ways" was incorrectly attributed to being submitted by Deb Peterson. Our other Deb...Deb Scott, was the actual contributor of the article.**

**Please accept this apology, Deb Scott!**

## Anniversaries

**Lin Wright – 4 years**  
Since 7/13/15

**Melissa Wendeborn – 2 years**  
Since 7/26/17

**Misty Lumberry – 1 year**  
Since 7/13/18

Upcoming issues of  
**CASA News & Views**  
will be published as follows:

Issue for joint months of  
**August/September**  
will be released in mid-August

Issue for joint months of  
**October/November**  
will be released in mid-October



# CASA of the Month

## Lois Clever

I am pleased to announce that the CASA of the Month for June 2019 is Lois Clever!

Lois applied to our program in November last year. You may remember that my daughter Emily was born in December, so Lois came in at a rather hectic time (for me at least). However, she graciously put up with the chaos and worked with Lisette to finish up her training and certification. Lisette got her started on her first case and she's been doing an amazing job ever since.

Lois took on a case with 3 children, 2 of which are females who have taken on a lot of learned behaviors from their mother. This hasn't been an easy case to say the least, not that any of them are. However, Lois integrated herself into the team quickly and has successfully learned how to deal with the interesting dynamics of this family.

Although Lois hasn't been with us for long, she is making a tremendous impact on the lives of these children. She has made sure that their needs have been met and they've been able to participate in the activities that interest them, and she has not allowed them to take advantage of her in the process.

Lois, we're very fortunate to have you on our team. Thank you for everything that you do!



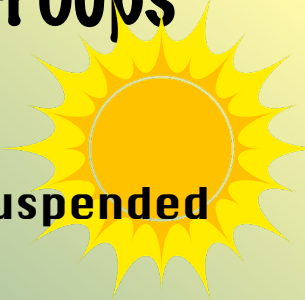
## June 2019

## JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Amber</u> : Report due for RN.  Canada Day	2  I Forgot Day	3	4  County Offices Closed	5  Apple Turnover Day	6
7  Chocolate Day	8 <u>Mary and Deb</u> : Report due for S case.	9  Sugar Cookie Day	10 REPORTS DUE: <u>Juanita</u> : MB. <u>Amber</u> : P-K. <u>Mary &amp; Deb</u> : DV, IP and HG. <u>Stephanie</u> : P-S. <u>Lin</u> : L-M.	11  Blueberry Muffins Day	12	13  French Fries Day
14 Dan D. <i>Happy Birthday</i> National Nude Day	15  Cow Appreciation Day	16	17  National Hot Dog Day	18 Karen F. <i>Happy Birthday</i>	19  National Raspberry Cake Day	20
21  National Ice Cream Day	22	23  Vanilla Ice Cream Day	24	25  Culinarians Day	26	27
28  National Milk Chocolate Day	29 Ellie F. <i>Happy Birthday</i> Karen: Report due for G case.	30  National Cheesecake Day	31			

# CASA Support Groups

**Morning: Temporarily Suspended**



**Time & place to be  
announced at a later time.**

**Evening: Last Tuesday of Month**

**6:30 – 8:30pm**

**Home of LuRue Troyer**

**2300 Iris Drive  
Sierra Vista, AZ**



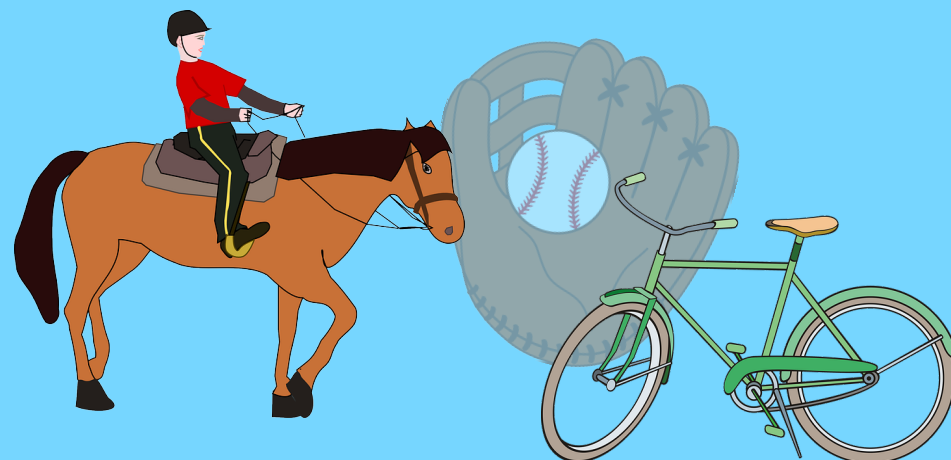
## ***Cochise County Council for CASA, Inc***

**is a nonprofit organization that raises funds to the unmet needs of abused, neglected and abandoned children in the CASA of Cochise County Program. The primary focus is to ensure the educational progress of CASA children through tutoring and scholarships. In addition the council provides clothing, toys and personal items.**

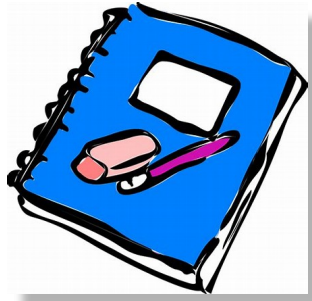
**If your CASA child/youth has an unmet need, consider the Cochise County Council for CASA to help!!**

**Call your CASA Coordinator at 432-7521 OR**

**Send an email to [Adodge@courts.az.gov](mailto:Adodge@courts.az.gov)**







# From the Manual

## Family Reunification Following Foster Care

*Rosalyn Monroe and Victor W. Harris*

All families need support. It is essential to promote child safety, development, and well-being. All parents can also benefit from helpful information, guidance, and resources as they meet the challenges of parenthood and family life. This is especially true after a family goes through a crisis that separates family members because of abuse or neglect and results in an intervention from child protective services to ensure safety.

Families preparing to reunify after a separation because of abuse or neglect face unique challenges in their attempts to come back together. Parents must ensure they provide and maintain a safe home environment for their children and resolve personal challenges that may impair their ability to parent effectively (Child Welfare Information Gateway 2012). Court-mandated parenting courses often provide the skills, resources, and education necessary to meet and manage the demands of parenting for families in crisis (Hatton and Brooks 2008).

Because family reunification is the most common goal for children in foster care or other “out-of-home” placement, practitioners must place careful attention on the guiding principles and practices discussed in mandated parenting courses (Child Welfare Information Gateway 2012). These guiding principles and practices include educating parents on the basic and essential needs for healthy development of their children, understanding their role as parents, and identifying helpful internal and external resources that promote family

reunification and prevent their children’s re-entry into the foster care or child welfare system (Hatton and Brooks 2008; Cheng 2010).

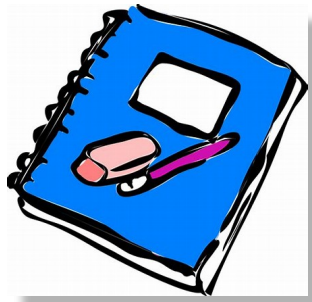
Researchers and practitioners in child welfare have provided helpful information to develop workable plans to aid families in reunifying and rebuilding. The following publication is a brief summary of the overarching themes provided by the literature (Barth, Weigensberg, Fisher, Fetrow, and Green 2008; Brook and McDonald 2009; Cheng 2010; Child Welfare Information Gateway 2012; Hatton and Brooks 2008; Leathers, Falconnier, and Spielfogel 2010; Madden et al. 2012).

### Helpful Information

#### What Do Children Need?

One of the foremost reasons family reunification fails after children in protective care return to their parents is neglect (Barth et al. 2008; Brook and McDonald 2009). Although parents may have worked diligently to meet the requirements necessary to have their child or children returned to their care, in some cases parents are unsuccessful in their attempts once the children return. When this occurs, the children are often removed from their parents’ care and placed back into foster care or a protective care setting. Because there is a greater risk for some families to re-enter the protective care

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# From the Manual

## Family Reunification Following Foster Care (Continued)

systems, parents of children in protective care need to know and understand that children have specific needs that must be met if they are to achieve healthy growth and development (Steinberg 2004; Welch 2010). Although parents may have already received this information as required for reunification, parents seeking reunification with their children may find it helpful to review and readdress the needs of children. For example, children need to:

### **FEEL SAFE AND SECURE**

Consistency is key to helping children feel safe and secure. Children, especially infants and toddlers, need to feel that their caregivers provide a place of safety and comfort. This also includes a secure understanding that their parents and caregivers will consistently provide food, proper clothing, and adequate shelter (Steinberg 2004; Welch 2010).

### **FEEL LOVED AND VALUED**

Children need to feel loved, valued, and respected at all stages of development and growth. The impact of emotional abuse is as damaging on children as physical abuse. There is no one correct method of showing love and affection, but parents in the process of reunification, or those who have been reunited with their children in protective care, must understand and meet both the physical and emotional needs of their children (Steinberg 2004; Welch 2010).

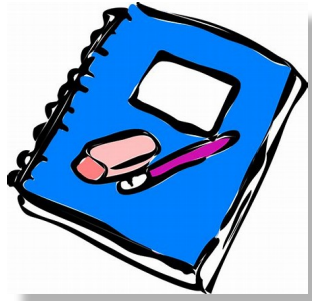
### **EXPERIENCE RULES, LIMITS, EXPECTATIONS, AND DISCIPLINE**

Every child needs rules, limits, expectations, and discipline. Reunified parents need to understand why children benefit from rules, limits, expectations, and discipline, and they need to know what is acceptable with regard to setting rules, limits, expectations, and discipline. Abusive parents tend to be overly harsh and demanding in each of these areas (Steinberg 2004; Welch 2010).

## **Things You Can Do**

### **Four Steps to Promote and Maintain Family Reunification**

It is a traumatic experience when a child is removed from his or her home, no matter the condition or status of the home (Barth et al. 2008). This is the reason that great effort and attention are directed toward reunifying families involved in the child welfare system. Because reunification is usually the ultimate goal, practical steps must be followed to support families both before and after reunification. This support includes every effort to prevent a future separation because of parental abuse or neglect. The following steps can be taken to address recurring issues that may impede or break down the reunification process (Hatton and Brooks 2008; Brook and McDonald 2009; Cheng 2010; Child Welfare Information Gateway 2012; and Madden et al. 2012).



# From the Manual

## Family Reunification Following Foster Care (Continued)

**1. Beginning Family Reunification Prior to Re-entry into the Home**—Parents and children must re-establish the parent-child relationship that may be disrupted because of the child's removal from the home (Child Welfare Information Gateway 2012). This can be done by following court-ordered visitation plans that allow the family to slowly reconnect and establish healthy bonds with one another.

**2. Establishing and Making Use of Supportive Services**— Many factors impact the parents' ability to adequately parent. Supportive services can help parents ensure that the basic needs of their children are being met. Some helpful supportive services that promote family reunification and stability are listed below.

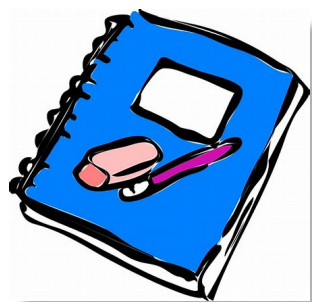
- **Medical**—Regardless of cost, a child's health cannot be neglected. Parents must ensure that their children receive adequate medical care when needed. Local county and city health departments provide a variety of free and low-cost services for the entire family. These services may include primary care, STD testing/counseling, immunizations, and referral medical services. Medicaid, Medicare, and other health assistance plans may be available for those that qualify.
- **Housing/Food Assistance**—As with medical care, parents and caregivers are responsible for ensuring that their children have sufficient access to safe housing and food. Subsidized housing and nutrition assistance programs provide access to low-cost housing options and supplemental food programs to

families and individuals in need. These services are provided through income-restricted housing options, voucher programs, or monthly stipends. Federally funded programs, such as SNAP (Supplemental Food Assistance Program) and WIC (Women, Infant, and Children), provide access and education for healthy nutrition and food choices.

- **Financial Assistance**—Programs such as Temporary Assistance for Needy Families (TANF) and the Low Income Home Energy Assistance Program (LIHEAP, a home utility assistance program) can ease the financial burden that may accompany meeting the needs of a growing family. Parents must not only make provision for safe housing, but they must also ensure that living spaces have adequate amenities such as electricity, running water, and furniture. Financial aid programs such as TANF and LIHEAP can assist parents, especially those in the process of rebuilding and reunifying, to ensure that they meet and maintain basic provisions for their families.
- **Child Care or Children Services**—Subsidized child care services provide parents the opportunity to ensure that their children will receive adequate child care when needed at little to no cost. This supports efforts to ensure that children are not left alone to care for themselves when parents are away. Aside from child care, these services should also include schooling, extracurricular, and enrichment programs that benefit the child.

~Continued on next page~





# From the Manual

## Family Reunification Following Foster Care (Continued)

- **Substance Abuse/Mental Health Services**—Alcoholics Anonymous and Narcotics Anonymous (AA/NA) programs and mental health counseling offer continued support for families rebuilding after reunification. These programs support sobriety and promote healing within the family when a crisis or separation caused by abuse or neglect has been experienced.

**3. Identify External and Internal Support Systems**—External and internal support systems provide reunified families with a safe and stable outlet during difficult or stressful periods (Cheng, 2010). Internal support systems can include close family members or friends familiar with the family's history who are willing to serve as an outlet and pillar of support. External support systems may include friends or neighbors, religious leaders, or support groups connected to the family in a manner that allows for emotional support during difficult or stressful times. Parents and children alike should be encouraged to develop similar but separate support systems consisting of stable and responsible individuals or groups.

**4. Time Management**—Time management can strengthen the organization of daily household activities. For some parents, the stress of managing a household and caring for children can be burdensome. This may lead to parents becoming overwhelmed with stress, which could lead to negative and harmful reactions toward their children. The development of a practical and realistic time management system and schedule can assist families in ensuring daily activities are achieved with little, if any, stress. Time

management systems should also include personal time for both parents and children so that they have opportunities to reduce stress and promote positive family environments.

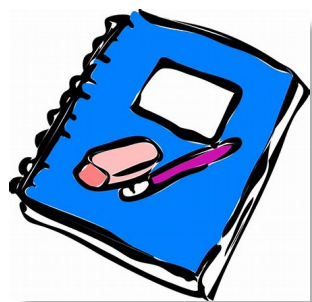
### Things You Can Use

#### External and Internal Support Systems

The idea of creating a support base for both parents and children as they rebuild family bonds is much easier to achieve than actually identifying a person or group willing to provide support during difficult periods. **Table 1** provides an opportunity for both parents and children to clearly identify family members, friends, neighbors, or community groups willing to provide support or a safe outlet when needed. Filling out **Table 1** can help families discuss needs, concerns, and guidelines for using respective support systems.

The Family Reunification Tracking Checklist found in **Table 1** will provide guidance for families as they identify and construct their support system contact list. **Table 1** can be modified and used as a reference for a number of supportive services discussed in this publication. Because families may face many challenges to their reunification process after post-protective care, both parents and children can benefit by creating support systems for other areas in their lives. The Family Support System Contact List found in **Table 2** can be a great resource for this effort.

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# From the Manual

## Family Reunification Following Foster Care (Continued)

Table 1. Family Reunification Tracking Checklist

Task	Building your family support system	√	Notes
1	Identify needs for support systems. (Compile your needs in the Notes column.)		
2	Identify at least five separate individuals or groups who can serve as personal support systems (i.e., internal and external support systems) for both you and your child to help you meet the needs identified. (Compile a list in the Notes column.)		1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
3	Identify any additional individuals or groups who may be willing to serve as a system of support. (Identify these individuals in the Notes column.)		Internal Support: External Support:
4	Discuss your needs with the individuals and groups on your list and your child's list.		
5	Complete the <i>Family Support System Contact List</i> (Table 2).		



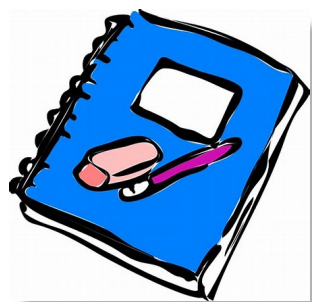
# From the Manual

## Family Reunification Following Foster Care (Continued)

Table 2. Family Support System Contact List

	<b>External</b>	<b>Internal</b>
<b>Parent</b>	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:
<b>Child/Children (1 per child)</b>	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:
	Name: Contact Information:	Name: Contact Information:

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# From the Manual

## Family Reunification Following Foster Care (Continued)

### Conclusion

The general consensus within the child welfare system is that children tend to thrive when placed in their own family settings. This often means that the preferred goal for children in foster or protective care is to return to a safe family and home environment, if possible. Parents play a key role in this reunification process because they are the primary providers of their children's basic needs. Although barriers and challenges exist for families rebuilding after foster care, these families can take certain measures to support the reunification process. Parents can be encouraged to make use of the steps discussed in this publication to support personal reunification efforts with their children. Support systems provide a helpful and healthy resource for both parents and children during stressful times so that families can persevere and remain intact.

Source: This document is FCS2328, one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date April 2013. Reviewed October 2016. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

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# CASA FAMILY ALBUM

## From the Dragoos:

Bud is surrounded by three grads from the same Dragoo family...from St. Bonaventure High School in Ventura CA.

Lucie will go to St. Louis University and the twins Josephine and Claire will go to St. Louis University.





# CASA FAMILY ALBUM

From Deb Scott:

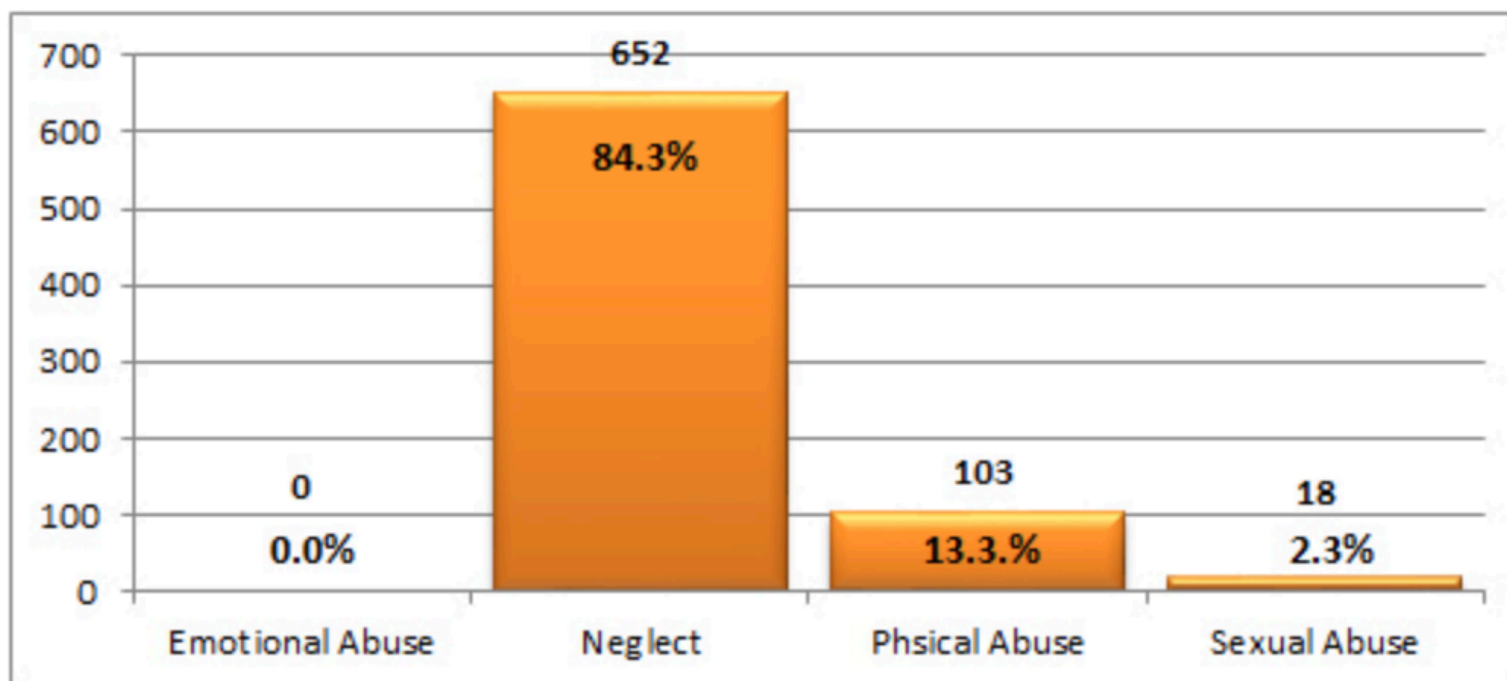
This is what a quilter does to celebrate her precious CASA child's adoption and new name!





# CASA of Arizona

## Reason for Children in Care in Arizona



Arizona Department of Child Safety, "Child Welfare Reporting Requirements Semi-Annual Report for the Period of Oct. 1, 2017 through Mar. 31, 2018"

<https://www.azcourts.gov/casa/Child-Welfare-Stats>